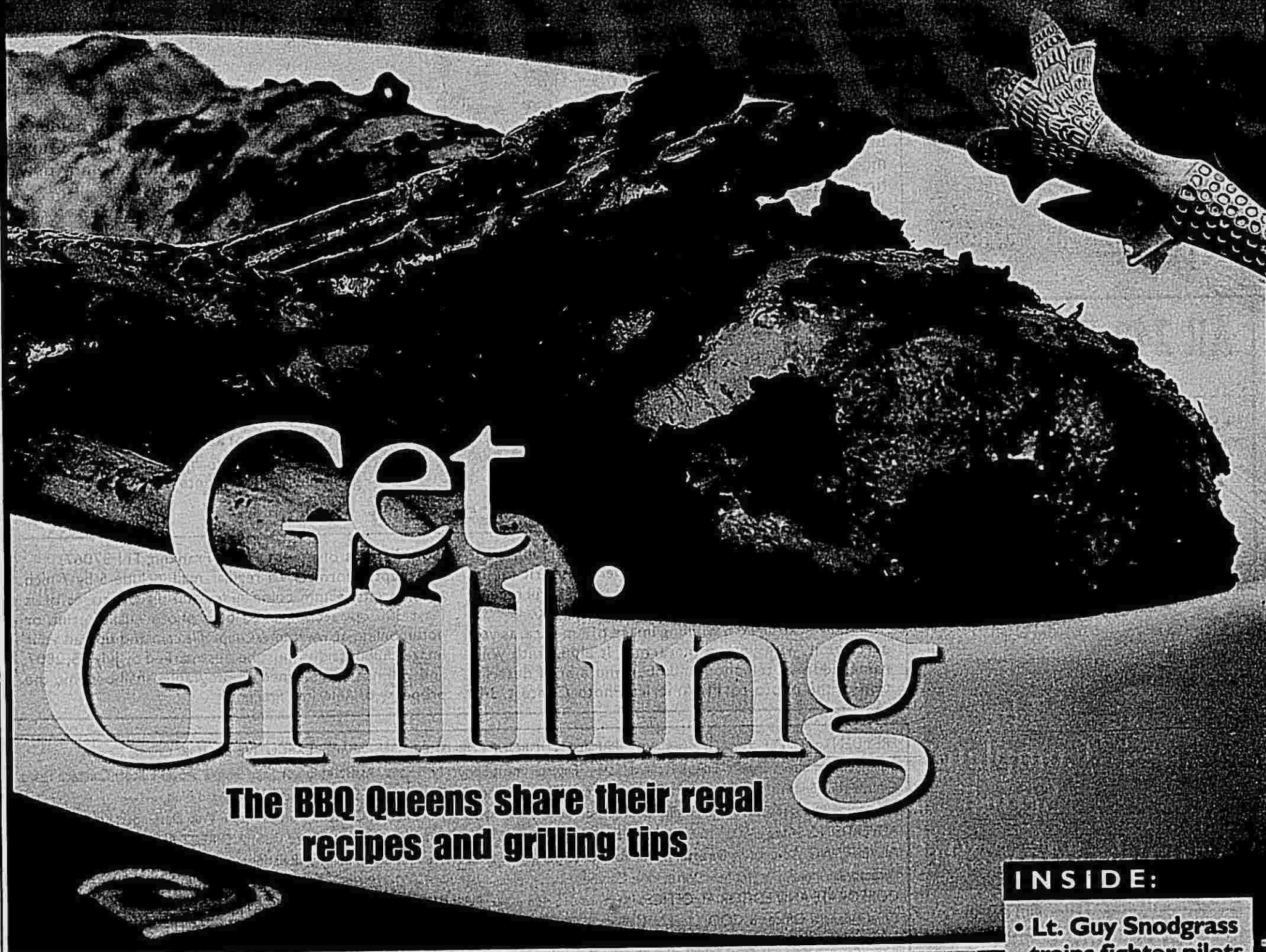


American Profile



Get Grilling.

The BBQ Queens share their regal recipes and grilling tips

INSIDE:

- Lt. Guy Snodgrass trains fighter pilots
- Verdigre, Neb.
- Walnut-filled kolach

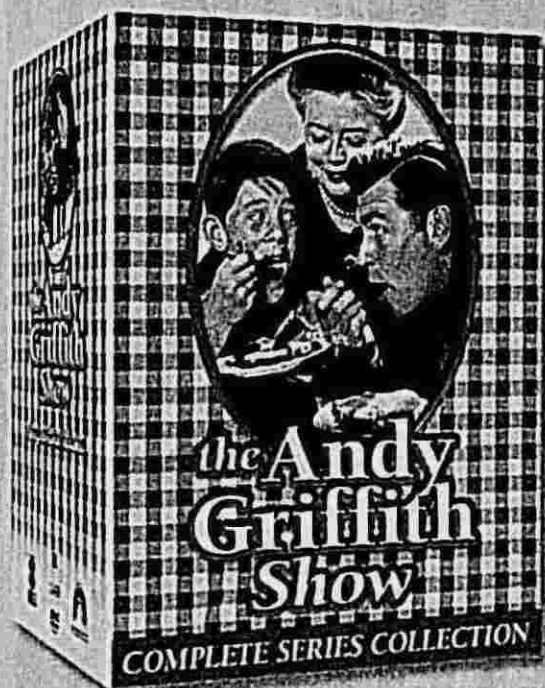


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Ask American Profile

Q What can you tell me about the actress who played Cynthia on *All My Children* a few years ago? She is the daughter of Michael Collins, the astronaut who flew on Apollo 11.

—Regina Hampton, Boone, N.C.

Jane Elliot played Cynthia on *All My Children* from 1984 to 1986, but she is not related to astronaut Michael Collins, who served as the command module pilot on Apollo 11, the first lunar landing mission, in 1969. You're confusing Elliot with actress Kate Collins, 48, who played the dual roles of Natalie and Janet on the TV daytime drama. Born in Boston, Collins joined the cast in 1985 and left in 1992, but she's made brief returns to the show in the last couple of years. Back in 1989, she co-hosted *Good Morning America* when her father was a guest.

Actress Kate Collins



Ian Somerhalder stars as explorer Marco Polo.

Q Please give some information on Tony Little. Is he bald? Is his ponytail real? Is he married?

—Juanita Woodward, Leno, W. Va.

Little's ponytail is real, and the fitness guru, infomercial pitchman and former competitive bodybuilder has a complete head of hair. He's not married, although he has two children, ages 18 and 20. He lives in Tampa, Fla., and is a big believer in the power of exercise combined with positive thinking. "Anyone who thinks they're going to lose weight and keep it from coming back without exercise is definitely wrong," says Little, 50, whose motto is "conceive, believe and achieve."



Fitness guru Tony Little

Q I cried when Ian Somerhalder's character was killed off on *Lost*. I sure do miss him! Does he have any new projects in the works?

Kathryn Nelson, Seattle, Wash.

Somerhalder, 28, caused many hearts to break when his character, Boone, died on the hit TV series *Lost* in 2005. But weep no more: You can watch him globetrotting as 13th-century explorer Marco Polo in the June 2 Hallmark Channel movie of the same name, alongside Brian Dennehy (as Mongol emperor Kublai Khan) and B.D. Wong.

* Cover photo by High Cotton Food Styling & Photography

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Odd Jobs

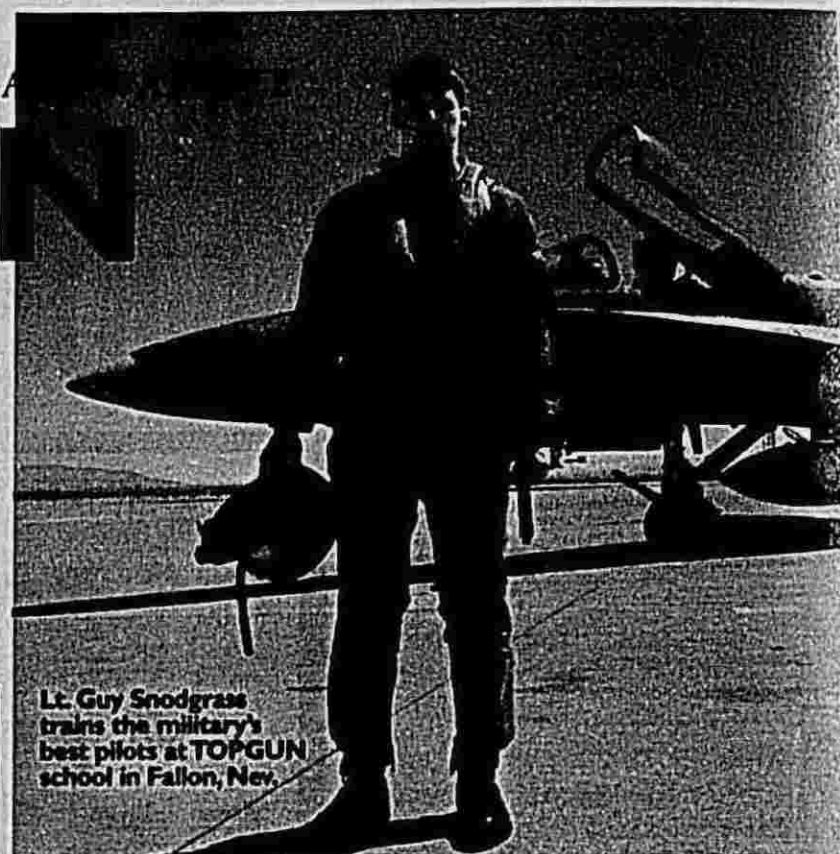
Teaching by JEANNE LA TOPGUN

Lt. Guy Snodgrass, 30, streaks across the desert sky in an F/A-18 Hornet at supersonic speeds, performing a heart-stopping aerial maneuver that only an elite group of student pilots and very unfortunate enemy aircraft will ever see.

"When you get a chance to go fly, it's a blast," says Snodgrass, an instructor at Naval Fighter Weapons School, better known as TOPGUN school, in

Fallon, Nev. (pop. 8,103). "The blood pressure goes up and it kind of gets you all fired up."

Snodgrass, along with the school's other 20 instructors, teaches a dozen handpicked students how to push themselves and their fighter aircraft to the limit, learning combat maneuvers that may one day save their lives. "The skills we teach at TOPGUN directly impact the Naval and Marine Corps aviator's



Lt. Guy Snodgrass trains the military's best pilots at TOPGUN school in Fallon, Nev.

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Until The Next Time – *Can You Feel The Love, My Love For You, Crush On You, Mi Cariño Maria, I Forgot To Remember To Forget You, My Lovely Island Home, Tonight I've Held My Future, Don't Break My Heart, Beyond The Rainbow's End, Wherever You Are, Could I, Take The Hand Of Love, You Gotta Feel Love, Love Me Or Leave Me, Until The Next Time.*

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ability to fight and win, whether it is in the air-to-ground or air-to-air environment," Snodgrass says.

Because of its high admission standards, only about 1 percent of U.S. Navy and Marine Corps' fighter pilots are eligible to apply as students at one of the school's four annual training sessions. Students must have letters of recommendation and are chosen for their passion, expertise as pilots and ability to communicate.

In just one nine-week session, teachers and students spend more than 100 hours in the classroom and 25 hours in the air engaging in combat missions against other aircraft. The initial flights are one-on-one with Snodgrass, for example, simulating aerial combat against a student. As the course progresses, the engagements become more complex with increasing numbers of aircraft maneuvering against an unknown number of adversaries. "You have to concentrate solely on what you're doing with your airplane," he says.

Snodgrass, who grew up in Dallas, had always dreamed of being a military pilot, joining the U.S. Naval Academy in Annapolis, Md., following high school. As part of an exchange program, he spent one semester at the U.S. Air Force Academy in Colorado Springs, Colo., where, at age 20, he took to the air piloting, of all things, a glider.

In 1998, he graduated from the Naval Academy and later attended flight school at Mississippi's Naval Air Station in Meridian. By 2004 he was putting his pilot skills to the test, flying 25 missions during Operation Iraqi Freedom. His hazardous low-level flights into hostile Iraqi territory often provided cover for ground troops. He recalls one incident in which "there were Marines under attack and surrounded. I fired approximately 500 rounds to disperse the attackers."

In March 2006, he became a TOPGUN instructor, and now shares his experience with the military's best young pilots.

"His passion for flying does rub off on students," says fellow instructor Lt. Daniel delaCruz. "His drive, determination and ability is seen by students and instructors, and it pushes everyone to work harder and do things the right way."

Snodgrass says all of the hours of training pay off and can keep a pilot's fear at bay during real-life combat situations. "You've done it so many times in training, you never really feel overwhelmed," he says.

While both TOPGUN instructors and students alike are selected for their superior flying skills, they also must have a desire to teach. "We expect our instructors to effectively teach the students who come through the class so that when they graduate, they in turn become the teachers to the fleet," says Cmdr. Keith

Photos by
Steve Denmore



"To do this everyone has to be extremely patriotic. We support people in harm's way and defend our country's interest."

Taylor, the Naval Fighter Weapons School's department head.

In addition to flying at supersonic speeds, Snodgrass says he gets a thrill meeting the next generation of pilots. "The coolest thing is when a kid wants to understand what you do," he says. "It might encourage them to join the Navy."

But his greatest sense of satisfaction is in knowing that he's doing something important for his country. "To do this everyone has to be extremely patriotic," he says. "We support people in harm's way and defend our country's interest." ★

Jeanne Lauf Walpole is a writer in Reno, Nev.



TOPGUN Facts

- TOPGUN pilots train over 10,000 square miles of air-space east of Fallon, Nev.
- The average age of a TOPGUN instructor is 26.
- The F/A-18 Hornet carries 13,700 pounds of external weapons and has a top speed of Mach 1.8, or nearly 1,200 mph.
- As of September 2006, TOPGUN graduated 204 classes since its founding in 1969.



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Hometown Spotlight

Where Kolach is King

by CURT ARENS

Come early-June, Pete and Mary Pavlik can be found at their bakery in Verdigre, Neb. (pop. 486), working around the clock to make more than 6,000 *kolaches*—baked pastries of yeast dough and often fruit filling—in time for the town's annual four-day celebration known as Kolach Days.

"We just keep making batches starting on Wednesday and on through Saturday," says Mary, who owns Verdigre Bakery with her husband.

"Kolach is sort of a generic name for a sweet pastry,"



Mary and Pete Pavlik with their tasty pastries



Photos by Tim Hyncl

An honor guard leads the Kolach Days parade through Verdigre, Neb.

Pete says. The local, circular kolaches, which are descended from Czech and Slovak desserts of Eastern Europe, are center-filled with cherries, apricots, prunes, poppy seeds or cottage cheese. Pete adds that, including the kolaches baked by church and civic groups, roughly 18,000 of the pastries are consumed by 5,000 attendees. Fitting, since Verdigre is the self-proclaimed Kolach Capital of the World.

The town's Czech Federation began the celebration honoring Czech food and community spirit in 1939. It was held intermittently until the 1950s, when it became an annual event hosted by the Verdigre Improvement Club with the help of local organizations, youth groups and churches.

"It involves so many different people from different walks of life and of different ages," says Kathy Masat, 63, who has volunteered at the event for nearly 30 years.

Scheduled June 7 to 10, Kolach Days brings an international flavor to the town with polka music, dances, variety shows, a parade, alumni gatherings and, of course, kolaches. "Many of the events are fund-raisers for groups around town," Masat says, noting that the kolach-eating contest, sponsored by Verdigre High School students, is a crowd favorite.



A kolach-eating contest is a favorite among kids.

Masat's great-grandfather was among the early Bohemian immigrants who settled on land in the scenic valley along the Verdigris Creek in the 1870s. Today, Verdigre, which was platted in 1887, offers wide, tree-lined avenues nestled along lush, wooded hills that residents call the Czech or Bohemian Alps.

David Shrader, president of the Verdigre Heritage Museum's board of directors, is proud to show off his town's heritage at the community museum, which is a popular attraction during Kolach Days. "The part I like most is visiting with people who come back to the event year after year," Shrader says. Museum volunteers present a diverse group of exhibits, ranging from Czech heritage displays to a working gristmill and inventory from an old general store.

Kolach Days also is a celebration of the dogged determination of Verdigre residents. When the town's bank closed at the height of the 1980s farm crisis, Verdigre was thrust into the national limelight as local churches started a food pantry for families and a feed pantry for farmers who couldn't afford to feed their animals. A brightly painted billboard on the side of a grocery store says, "Verdigre's future depends on you," reminding locals of their self-reliant tradition.

Haley Zimmer, last year's Kolach Queen, relishes the determination



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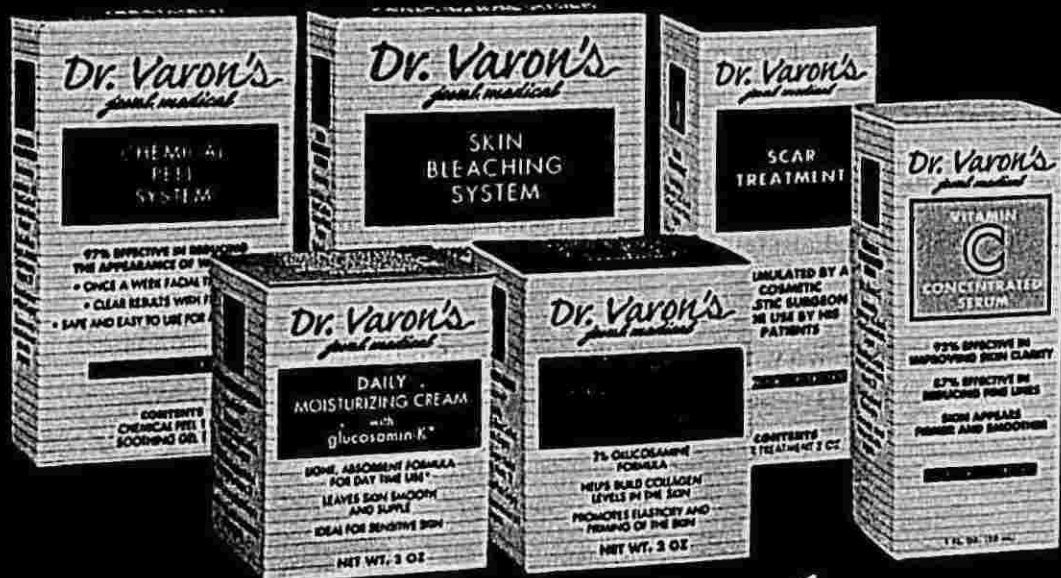
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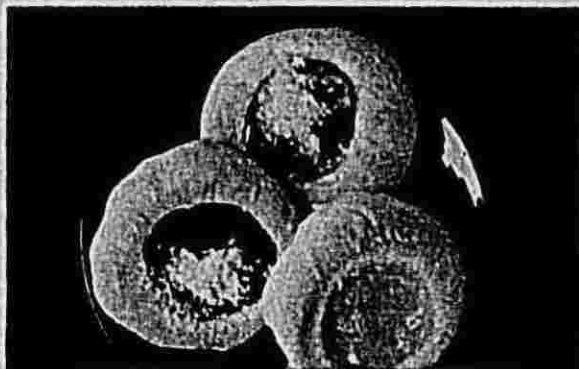
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Roughly 18,000 of the delectable desserts are consumed during the four-day festival in June.

and heritage of her community. Donning traditional Czech attire, she was honored to ride in the Kolach Days parade. Zimmer says she recognized kids that she used to baby-sit waving to her from the crowd lining the parade route. Verdigre is like that, says Zimmer. "You know everybody."

And everybody knows the town's favorite pastry, too. "We all grew up with kolaches," Masat says. "My grandmother would bake a big batch and call us up to come over and eat them hot. It's been something we've handed down through generations. And it's always been symbolic of our celebration." ★

Curt Arens is a writer in Crofton, Neb.

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WHAT DO YOU WANT ON YOUR

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Fit for a Queen

Barbecue gals
share regal recipes
and grilling tips



Photos by High Cotton Food Styling and Photography

In the early 1990s, a Kansas City, Mo., disc jockey made the mistake of announcing on the air that women couldn't barbecue. That was all Karen Adler had to hear. She immediately wrote a letter to the station saying that women could handle a pair of barbecue tongs as well as men. Before long, Adler, 54, and Judith Fertig, 55, experienced barbecue cooks and food writers, found themselves embroiled in the 1994 Battle of the Sexes Barbecue, a contest they believed would be a golden opportunity to prove their point.

They pulled together a women's team that called themselves the "Que" (later changed to BBQ) Queens. For the contest, the women wore hot pink outfits and rhinestone tiaras. With costume jewelry draped around their necks and dripping from their arms, they made quite a splash at the event. But the men won.

"We were shocked," Fertig says. But the partners admit that while the men's team concentrated on the food, the women had other things on their minds. "We were too busy with glitter," Adler says. In subsequent years, they buckled down to business and never lost again.

For Adler and Fertig, the barbecue show goes on. Between them, they have 11 grills and smokers. They have written cookbooks, given barbecue demonstrations and taught cooking classes attended by more than 75,000 people across the nation.

Along the way they learned more about the way men and women behave at the grill. Men, for instance, focus on what they're cooking, while women take in the bigger picture: the piece of meat over the flame is part of a whole meal, and if you cook enough, there can be leftovers for the next day. Women are neater and more likely to try new recipe ideas. At their cooking

Grilled Pepper Jack Burgers with Tomato and Avocado Salsa

Burgers:

- 1 pound ground beef, shaped into 4 burgers
- 4 (1/2-inch) slices red onion
- 4 slices pepper Jack cheese
- 4 hamburger buns or kaiser rolls
- Olive oil
- Salt and pepper

TIP: To keep themselves organized, the BBQ Queens gather all their ingredients on a tray to take to the grill.

Salsa:

- 1 pint grape or cherry tomatoes, or 2 medium tomatoes, diced
- 1 avocado, diced
- 1 small red onion, diced
- 2 garlic cloves, minced
- 1/4 cup finely snipped fresh chives
- Zest and juice from 1 lime
- 2 tablespoons olive oil
- 1/2 teaspoon crushed red pepper, or to taste
- Salt and pepper

1. To prepare the salsa, combine all ingredients in a large bowl.

2. Prepare the grill.

3. Place burgers, onions, cheese and buns on a baking sheet. Brush onions and cut sides of buns with oil. Season beef and onions with salt and pepper. Grill beef and onions, turning once, until burgers are cooked through and onions are tender. Grill buns until golden brown. Place a burger on each bun, top with cheese, onion and salsa. Serve with remaining salsa. Serves 4.



BBQ Queens
Karen Adler,
left, and
Judith Fertig

WEEKNIGHT TIPS from the BBQ Queens

BBQ Queens Karen Adler and Judith Fertig know what it takes to get supper on the table seven days a week. "So many meals, so little time," they write in *Weeknight Grilling with the BBQ Queens* (Harvard Common Press, 2006), but with the right planning and some culinary know-how, it can be done.

1. Think about the whole meal, not just one dish, so you can organize shopping and prepping.
2. Serve uncomplicated sides or foods that can go on the grill with the main course.
3. Eat healthfully by aiming for at least three servings of fruits or vegetables with the meal.
4. Become "tray chic;" carry ingredients to the grill on a tray. If you're organized, you won't waste time running back to the kitchen for items you've forgotten.
5. Befriend olive oil. Brush food with olive oil and season with salt and pepper before putting it on the grill to reduce the chances of food sticking.
6. Stoke a hot fire; foods cook faster and taste great.
7. Grill for leftovers. Cook more than you need for one meal so leftovers can be used for the next day's lunch or supper.
8. Chill out at the grill; while the food is cooking, enjoy the sunset or pamper yourself with a glass of your favorite beverage.

classes, women ask how to turn a whole fish fillet (carefully, with two spatulas) and the best way to grill vegetables (over a hot fire until they have grill marks) and never fail to be impressed when Adler slams a panino (a grilled Italian sandwich) flat with a foil-covered brick.

Before they take their gig on the road, the BBQ Queens pack their gear and treat themselves to manicures. They have cut down on the necklaces, which tangle with microphones, but wear tiaras and as much jewelry as they can get away with. At the end of every performance, they give the audience a royal wave, touching their fingers to their pearls for a final flourish. ★

Visit www.americanprofile.com for more information.

Jean Kressy is a food writer in Ashburnham, Mass.

(Recipes continued on page 10)

Take your BBQ up a notch with Planters Peanut Grillers.

Planters Peanut Grillers: fresh warm nuts right off the grill.

Preheat grill to medium heat.

Stack two large sheets of heavy-duty foil, fold up sides.

Lightly spray foil with cooking spray.

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in single layer in foil and place on grill.

Grill 6 to 8 min. or until peanuts are lightly toasted, stirring often.

Cool 5 min. before serving. Makes 4 servings, 1/4 cup each.

For Added Zing: Toss peanuts with 1 Tbsp. Bull's-Eye Barbecue Sauce before grilling.

Go to Planters.com for more details.



Caution: Grilled nuts may be hot.

PUT OUT THE GOOD STUFF.

(Continued from page 9)

Grilled Pork Tenderloin with Ginger-Lime Vinaigrette

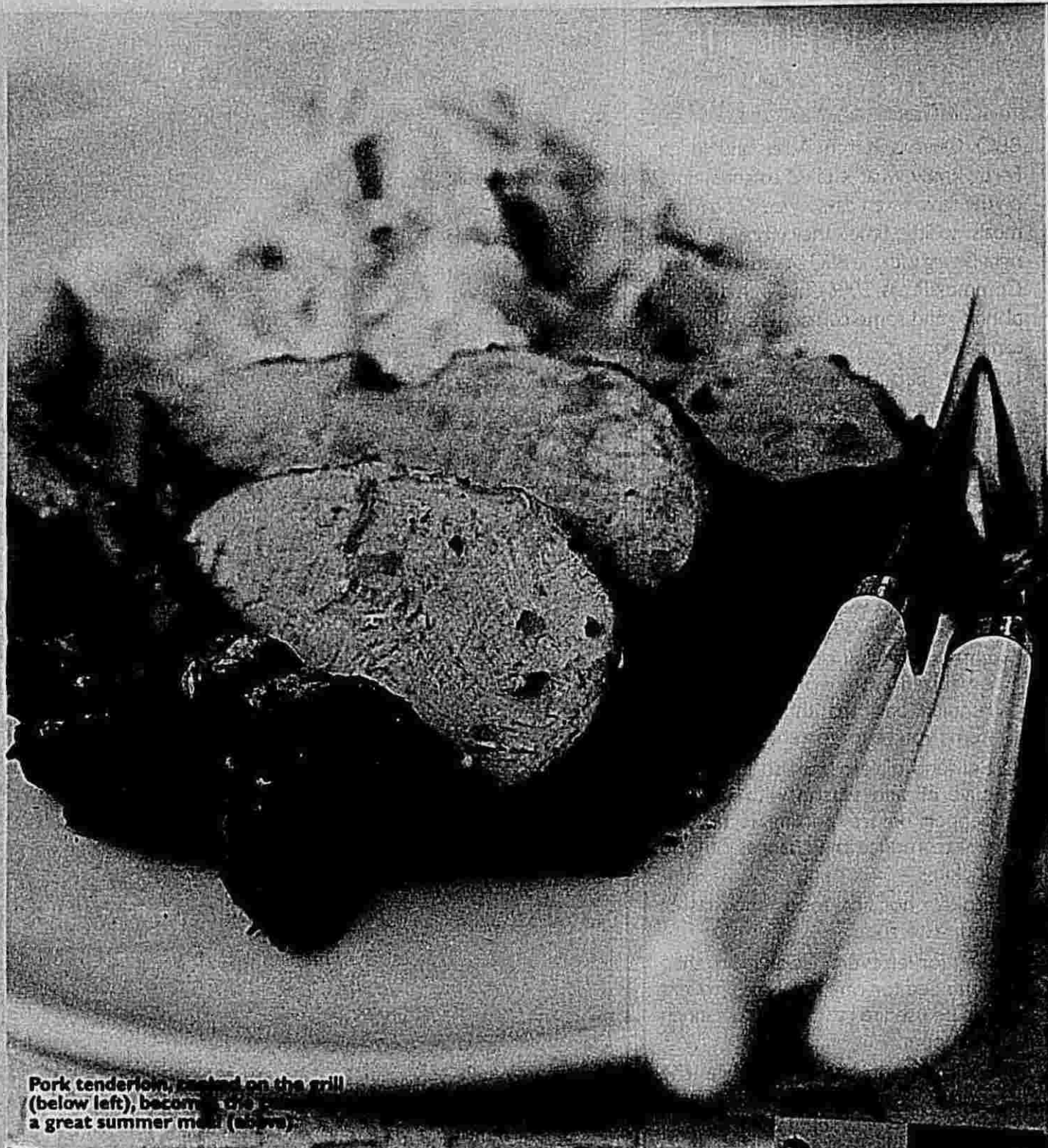
The gingery marinade makes enough for two tenderloins with extra for serving with the asparagus. The BBQ Queens are great fans of pork tenderloins, and they grill them with the next day in mind.

Ginger-Lime Vinaigrette Marinade:

- 1/2 cup lime juice
- 1/2 cup olive oil
- 3 tablespoons grated fresh ginger
- 3 tablespoons finely chopped onion
- 2 garlic cloves, minced
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon toasted sesame oil

2 (1- to 1 1/2-pound) pork tenderloins

1. To prepare the marinade, whisk together all ingredients.
2. Place pork in zip-top plastic bag; add about half the marinade (reserve remaining marinade to serve with asparagus or pork). Seal bag and refrigerate 30 minutes to 24 hours.
3. Prepare the grill.
4. Remove pork from bag; discard bag and marinade. Grill pork 15 to 25 minutes, turning occasionally, until a meat thermometer registers 155F (slightly pink). Remove from heat and let stand about 5 minutes before slicing. Serves 4, plus leftovers.



Pork tenderloin, cooked on the grill (below left), becomes the centerpiece of a great summer meal (above).

Blue Cheese Coleslaw

What's a barbecue without coleslaw? To save time, the BBQ Queens start with a package of coleslaw from the produce department.

- 1 (16-ounce) package coleslaw
- 1 (4-ounce) package blue or feta cheese crumbles
- 1/2 cup vegetable oil
- 1/2 cup cider vinegar
- 1 garlic clove, minced
- 2 tablespoons sugar
- 1 teaspoon celery seed
- Salt and pepper

1. Combine coleslaw and cheese in a large bowl.
2. Whisk remaining ingredients together in a separate bowl. Pour over coleslaw and toss to combine. Serves 8.

Grilled Fresh Asparagus

- 2 pounds asparagus
- Olive oil
- Salt
- Reserved pork marinade

1. Prepare the grill.
2. Snap off tough ends from asparagus and trim scales. Arrange spears in baking dish; drizzle with olive oil and sprinkle with salt.
3. Grill thin spears on grill rack; arrange thicker spears perpendicular to grates to prevent falling through. Cook 6 to 10 minutes, until slightly charred and crisp-tender. Serve with reserved pork marinade. Serves 6 to 8.



[illegible]

AstraZeneca

IMPORTANT INFORMATION ABOUT NEXIUM

Please read this summary carefully and then ask your doctor about NEXIUM.

No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your doctor. Only your doctor has the training to weigh the risks and benefits of a prescription drug.

WHAT IS NEXIUM?

NEXIUM is a type of medicine called a proton pump inhibitor (PPI) and is used to treat acid reflux disease, also known as gastroesophageal reflux disease (GERD). GERD is a chronic condition that occurs when acid from the stomach backs up into the esophagus (food pipe) causing symptoms, such as heartburn, or changes to the lining of the esophagus. Common symptoms include frequent and persistent heartburn, a sour or bitter taste in the mouth, and difficulty swallowing.

For adults, NEXIUM is prescribed for the treatment of GERD symptoms. NEXIUM may also be prescribed to heal acid-related damage to the lining of the esophagus (known as erosive esophagitis), and to maintain this healing. Studies with NEXIUM did not go beyond 6 months.

For adolescents 12 to 17, NEXIUM is approved for the short-term treatment (up to 8 weeks) of GERD. NEXIUM is available in two dosage strengths (20 mg and 40 mg). Only your doctor can prescribe the dose that's right for you.

HOW DOES NEXIUM WORK?

The lining of your stomach has millions of special cells. They make acid through "acid pumps." This acid is produced to help digest the food you eat. Sometimes the acid backs up into your esophagus, causing you to feel a burning sensation of heartburn. Over time, acid can wear away or erode the lining of the esophagus. This condition, called erosive esophagitis (or EE), is a more serious effect of acid reflux disease, and only a doctor can determine if you have this damage.

NEXIUM can turn off some of these acid pumps. This reduces the chance of heartburn and other acid reflux disease symptoms. For many people, one NEXIUM pill a day can relieve heartburn symptoms for 24 hours.

For patients with EE, NEXIUM heals most erosions in the esophagus within 4 to 8 weeks. Your results may vary.

WHO SHOULD NOT TAKE NEXIUM?

You should not take NEXIUM if you:

- have ever had an allergic reaction to the active ingredient, esomeprazole magnesium trihydrate
- have ever had an allergic reaction to any of the following inactive ingredients in NEXIUM (including the capsule shells): glyceryl monostearate 40-55, hydroxypropyl cellulose, hypromellose, magnesium stearate, methacrylic acid copolymer type C, polysorbate 80, sugar spheres, talc, triethyl citrate, gelatin, FD&C Blue #1, FD&C Red #40, D&C Red #28, titanium dioxide, shellac, ethyl alcohol, isopropyl alcohol, n-butyl alcohol, propylene glycol, sodium hydroxide, polyvinyl pyrrolidone, and D&C Yellow #10.
- are allergic to any PPI medication
- are younger than 12 years of age
- are pregnant, think you may be pregnant, or are planning to become pregnant
- are breast-feeding

HOW SHOULD I TAKE NEXIUM?

NEXIUM should be taken only when prescribed by a doctor. Follow his or her instructions about when and how to take NEXIUM. If you are unsure or have questions, ask your doctor.

One NEXIUM pill should be taken once per day, or as prescribed by your doctor. Take it at least 1 hour before a meal. Swallow the pill whole. If you have a hard time swallowing the pill, you can empty it into a tablespoon of applesauce. Be sure to eat it right away. Never chew or crush it. Never store it for later use.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING NEXIUM?

Before taking your medication, tell your doctor if you:

- are taking any other medication, including any over-the-counter (OTC) medication
- have suffered any allergic reaction to any medication
- have or have had severe liver damage
- are pregnant, think you may be pregnant, or are planning to become pregnant
- are breast-feeding
- are taking a blood thinner (such as Coumadin® or warfarin)
- are taking a drug to treat or prevent fungal infections (such as ketoconazole)
- are taking a drug for HIV treatment called atazanavir

WHAT ARE THE POSSIBLE SIDE EFFECTS OF NEXIUM?

In adults, side effects with NEXIUM may include headache, diarrhea, and abdominal pain.

In adolescents 12-17, side effects with NEXIUM may include headache, diarrhea, abdominal pain, and nausea.

NEXIUM may cause other side effects besides those listed here. If you have any side effects or symptoms that you are concerned about, talk with your doctor.

Symptom relief with NEXIUM does not mean other serious stomach conditions do not exist.

HOW SHOULD I STORE NEXIUM?

NEXIUM should be stored at room temperature (25°C, 77°F). Keep your pills in the bottle they came in. Keep the pills away from children. If your doctor tells you to stop treatment, throw out the pills. Do not take your pills after the date of expiration on the bottle has passed.

WHERE CAN I GET MORE INFORMATION ABOUT NEXIUM?

Talk to your doctor about NEXIUM. You can obtain full prescribing information and other details by visiting www.purplepill.com or calling 1-800-4-NEXIUM (1-800-463-9486).

GENERAL ADVICE

It is important to take NEXIUM as prescribed and to discuss any changes you experience while taking NEXIUM with your doctor. You should only use NEXIUM for a condition for which it has been prescribed. Do not give NEXIUM to other people, even if they have the same medical condition you have. Keep NEXIUM and all medicines out of the reach of children.

NOTE: This summary provides important information about NEXIUM. For more information, please ask your health care professional or doctor about the full prescribing information and discuss it with him or her.

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Visit www.purplepill.com. Or, call the Information Center at AstraZeneca toll-free at 1-800-AZandME (1-800-292-6363).


Nexium.
(esomeprazole magnesium)

AstraZeneca 

Heroes Tidbits

Many of the people in this week's Tidbits are *American Profile* Hometown Heroes. We are proud to feature heroes such as these in our magazine and now in a new book: *Hometown Heroes: Real Stories of Ordinary People Doing Extraordinary Things All Across America*. In this 288-page book, you can read 50 inspiring stories of true American heroes. It's available at americanprofile.com/store, (800) 715-6248 and wherever great books are sold. (Heroes featured in the book are designated by a ★.)



★ **ILLINOIS**—In 1966, Helen Myers opened a library in Ellisville (pop. 87) with 400 books from her home shelves. The 79-year-old book lover sells sugar cookies to help pay the library's utility bills and, despite few patrons, opens faithfully for business each Saturday.

★ **INDIANA**—Yard-sale junkies can thank Tom Taylor of North Vernon (pop. 6,515) for 3,200 miles of treasure-hunting opportunities along U.S. Highway 50 on the weekend before Memorial Day. Taylor dreamed up the Great U.S. 50 Yard Sale in 1999.

★ **IOWA**—After her 11-year-old son died in a farming accident in 1986, Marilyn Adams of Earlham (pop. 1,298) channeled her grief into founding Farm Safety 4 Just Kids in 1987. The organization's volunteers have lobbied for safety shields on farm equipment and designed educational puppet shows, puzzles and other instructional resources.

★ **KANSAS**—Steve Hund Jr. of Paxico (pop. 211) began restoring antique potbellied stoves in 1971, bought a boarded-up general store for his shop and sparked a downtown revival. Today, a dozen antique stores attract bargain hunters to Paxico.

★ **MICHIGAN**—Singer and songwriter Bob Rowe of Portage (pop. 44,897) performs "golden oldies" at nursing homes and institutions in Michigan and surrounding states. In 1988, Rowe formed Renaissance Enterprises, a group of entertainers who share his mission to bring joy to shut-ins.

★ **MINNESOTA**—Pioneers and Civil War soldiers aren't forgotten by Korean War veteran Charles Rieland of Delano (pop. 3,837), who scours old cemeteries and overgrown burial sites in Wright County and nearby counties for unmarked graves. His research has led to marking the graves of more than 85 veterans and 200 pioneers with headstones and crosses.

★ **MISSOURI**—Dave "Cannonball" Smith, 64, of Halfway (pop. 176) launched his career as a human cannonball in 1975 and enjoys the smiles inspired by his precision performances as he blasts from his self-built cannon 60 feet into the air before landing in a net.

★ **NEBRASKA**—Gerry Osborn, 78, a volunteer observer for the National Weather Service, has recorded daily temperature and precipitation information in Ainsworth (pop. 1,862) for 65 years. The retired postmaster began collecting weather data at age 13.

★ **NORTH DAKOTA**—Since the early 1950s, Ken Roeder has promoted the game of softball in Holmes by building a ball diamond in a cow pasture, raising money for lights, enlisting help to build restrooms, mowing the field and coaching local teams.

★ **OHIO**—At age 9, Lindsey Brenkus founded a farmers market in Bellville (pop. 1,773) and five years later she continues to supervise the bustling marketplace where as many as 30 vendors sell fresh produce, flowers and baked goods.

★ **SOUTH DAKOTA**—Wild mustangs roam 11,000 acres at the Black Hills Wild Horse Sanctuary near Hot Springs (pop. 4,129), a gift of freedom from rancher Dayton O. Hyde, a former bronc rider and rodeo photographer who believes in protecting America's equine heritage.

★ **WISCONSIN**—Saddened after seeing bald cancer patients, 10-year-old Anthony Leanna of Suamico (pop. 8,686) began providing hats to people undergoing chemotherapy treatments. Now 16, Leanna directs his Heavenly Hats Foundation, which sends more than 3,000 hats a month to hairless patients. ★

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—Vivian H., Vicksburg, MS

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—Peggy, Ruidoso, NM

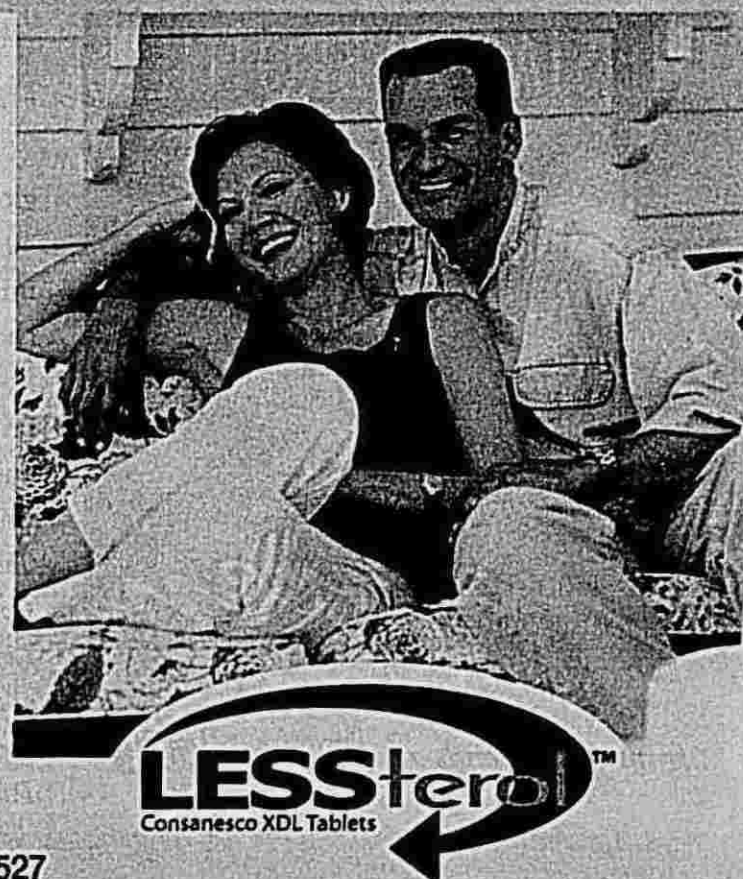
"A friend of mine recommended Lessterol to me. I am so glad that I ordered it."

—Bobby, Bremerton, WA

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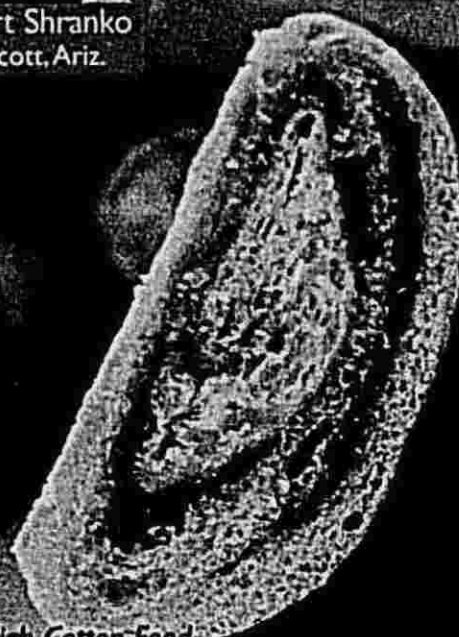


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Kolach

Dough:

- 2 (1/4-ounce) packages active dry yeast
- 2 cups warm (105F to 115F) water, divided
- 1 cup vegetable shortening
- 1 cup sugar
- 1 teaspoon salt
- 2 eggs
- 6 to 7 cups all-purpose flour, divided

Filling:

- 1 pound walnuts, ground
- 1 1/2 to 2 cups sugar
- 1 1/2 to 2 teaspoons ground nutmeg

Assembly:

- 1 1/2 cups (3 sticks) melted butter, divided

1. To prepare the dough, dissolve yeast in 1 cup water in a small bowl. Combine remaining water and shortening in a saucepan; heat slightly to dissolve and cool. Mix sugar, salt, eggs, yeast mixture and shortening mixture in a large bowl. Add 6 cups flour, 2 cups at a time. Knead on a floured surface until smooth, adding another 1/2 to 1 cup flour if needed. Cover and let rise until doubled, 30 minutes to 1 hour.
2. To prepare the filling, combine walnuts, sugar and nutmeg in a medium bowl; mix well.
3. To assemble, separate dough into 5 pieces. On a floured surface, roll each piece into a 10-by-15-inch rectangle. Brush each with 1/4 cup butter and sprinkle 1 1/2 cups filling on top. Roll up to form a 15-inch roll. Repeat with remaining dough. Place on baking sheets 2 inches apart. Cover and let rise 1 hour. Preheat oven to 350F. Bake 30 to 35 minutes, until golden. Brush lightly with remaining butter, if desired. Place on wire racks to cool before slicing each roll into 15 pieces. Yield: 75 slices.

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NOTICE OF U.S. MINT RELEASE

2007

PUBLIC SERVICE ANNOUNCEMENT:

The U.S. Mint® has announced the release of the second Presidential Golden Dollar for 2007. To insure equal nationwide coverage, you can receive an uncirculated John Adams Presidential Golden Dollar FREE from the private United States Commemorative Gallery.

These valued-condition coins have never entered the hands of the American public and have never circulated in pocket change. In fact, with this condition, the coins' luster produced by the U.S. Mint remains, making these treasures even more extraordinary and allowing them to stand out far above the rest.

It has been said that this new coin program will be much more popular than the Statehood Quarter Dollar Program™.

And since the current market price of Uncirculated State Quarters has dramatically increased in value up to 800%, we are strongly recommending that those Americans who want these Presidential Golden Dollars respond to this bulletin no later than next Tuesday.

You cannot find these dollars in your change. That is why this FREE

distribution is being made to the General Public.

"It is amazing how quickly everyone is getting excited about the new Presidential Dollars. Unlike the State Quarters, where you might only be interested in a few of your favorite states, everyone has interest in our American Presidents. It spans all State borders and all ages," said Michael J. Bradshaw, U.S. Director of the private United States Commemorative Gallery.

You do not have to pay for the FREE Uncirculated Dollar. With participation in this special release program you will receive the brilliant Uncirculated Adams Golden Dollar FREE in exchange for three Loose First Class Stamps to cover the Special Gallery Display Case and return shipment to you.

Release is now authorized: Simply return the Authorized Delivery Release form. All requests must be postmarked by next Tuesday or you will forfeit your FREE Adams Golden Dollar. To ensure equal distribution of the FREE Adams Golden Dollar in your area, only one FREE Dollar per household. Sorry, no exceptions will be granted. ■

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3-1-07 8:57 AM

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